MILWAUKEE COUNTY SENIOR DINING



UNITED COMMUNITY CENTER

730 W. WASHINGTON STREET





FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Protein MyPlate.gov	Baked Chicken 1	Ground Beef Picadillo 2	Chicken Noodle Soup 3	Chicken Salad 4
	Mashed Potatoes	Mexican Rice	Sweet Corn	Rainbow Pasta Salad
	Steamed Broccoli	Steamed Carrots	Baked Potato Casserole	Red Onion, Cherry Tomato Bell Pepper, Chickpeas
	Multi-Grain Bread	Whole Wheat Tortilla	Buttermilk Biscuit	Honey Wheat Bread
	Grapes	Jello	Applesauce	Chilled Peaches
find us on facebook.		Honeydew Melon		Vanilla Pudding
Roast Pork 7	Broccoli Soup	Oven-Fried Chicken 9	Spaghetti & Meatballs 10	Enchilada Casserole 11
Puerto Rican Rice	Chicken Casserole	Macaroni & Cheese	Italian Vegetables	Mexican Rice
Spinach Salad	Sun Chips	Seasoned Green Beans	Garlic Bread	Refried Beans
w/Tomato	Whole Wheat Bread	Breadsticks	Pineapple Tidbits	Mixed Salad Greens
Wheat Roll	Sliced Pears	Banana	Fruited Yogurt	Salad Dressing
Chilled Apricots				Clementine
Turkey & Cheese 14	Chicken Fajitas 15	Soft Beef Taco 16	Teriyaki Chicken 17	Tuna Salad 18
Kaiser Roll	White Rice	Mexican Rice	Fried Rice	Kaiser Roll
Rainbow Pasta Salad	Mexicali Corn	Mexican Beans	Sugar Snap Pea Blend	Mixed Lettuce Salad
Red Onion, Cherry Tomato Bell Pepper, Black Olives	Whole Wheat Tortilla	Buttered Asparagus	Fortune Cookie	w/Tomatoes
Chips	Applesauce	Oatmeal Raisin Cookie	Banana	Baby Carrots
Fruit Cocktail				Peach Slices
Pork w/Zucchini 21	Chicken Mole 22	Arroz con Pollo 23	Vegetable Lasagna 24	Cheese Enchilada 25
Brown Rice	Mexican Rice & Beans	Beans	Italian Vegetables	Mexican Rice
Mixed Vegetables	Broccoli & Cauliflower	California Vegetables	Mixed Greens	Mexican Beans
Marble Rye Bread	Whole Wheat Tortilla	Dinner Roll	Garlic Bread	Cauliflower Florets
Mixed Fruit	Diced Pears	Mandarin Oranges	Apple Pie	Fresh Orange
28	CITE FOR RESERVA	DECEDVATIO	NC DECITION	Suggested Contribution

Chicken Fricassee

Mexican Rice

Spinach Salad

Raspberry Dressing

Chocolate Pudding



24-HOUR NOTICE

RESERVATIONS REQUIRED

24-Hours Prior

CALL SITE

414·649·2807

\$3.00

Para reservar

su almuerzo favor

de llamar al 649-2807

Se sugiere \$3.00 de donación por cada comida

Glaucoma

What is it?

Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.

Most common form: Primary open-angle



What are the numbers?

2.7 million people

in the U.S. have qlaucoma



50% KNOW

50% DON'T KNOW

By 2030,

4.2 million people

in the U.S. will have **glaucoma**



Who's at higher risk?

African Americans 40+

Everyone 60+

especially Mexican Americans



with a Family history of glaucoma

What to do?



Get a comprehensive dilated eye exam every 1-2 years

Early detection and treatment can help save your sight



Where can I learn more?



http://www.nei.nih.gov/glaucoma

Source: National Eye Institute, 2013

AFRICAN AMERICANS

and Eye Health: Glaucoma

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

GLAUCOMA

Glaucoma is a group of eye diseases that can damage the optic nerve. Glaucoma affects side or peripheral vision first. African Americans are at higher risk, starting at a younger age.



How can you focus on your vision?

If you are 40 or older, have a comprehensive dilated eye exam every 1 to 2 vears.

HAVE GLAUCOMA

MAY EXCEED

HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

- Get regular comprehensive dilated eye exams.
- Control your diabetes.
- Know your family's eye health history
- Quit smoking or never start.
- Maintain a healthy weight.
- Wear sunglasses when outside.
- Eat a nutritious
- Wear protective

For more information about eye health, visit www.nei.nih.gov/glaucoma



